



Wellness Coordinator Exchange

**Spring
2014**



90 DAY CHALLENGE

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The New Hampshire Governor's Council on Physical Activity & Health Needs Your Help to Get State Employees Moving during the 2014 90 Day Challenge!

The 90 Day Challenge begins June 1 and is designed to get NH residents moving every day. Often times, we over-emphasize exactly how much exercise we need each day. Whereas how much exercise you get does matter, and surely will reward you in terms of fitness improvements, it is even more important to focus on sustaining physical activity each and every day. Everyone can do more—and are encouraged to do so!—but the Council is looking for participants to log in a minimum of one mile a day (or 20 minutes of any sustained physical activity).

To register for the 90 Day Challenge, participants need to visit www.nhmoves.org, click on "90 Day Challenge" at the top of the website, and complete the online form. After registering, participants will be emailed the 90 Day Challenge Passport to use in tracking their daily activity.

So help us get employees moving! There are a number of ways to motivate movement during the day. Conduct walking meetings, organize lunch time activities, designate bicycle parking that is safe and sheltered, post walking maps and stair prompts. And most of all...get them to take the Challenge!

2014 90 Day Challenge Incentives

- As a Challenge participant, you are eligible for free admission from June 1st to August 31st to NH State Parks for day use only (excludes the Flume, Tram, Hampton Beach, Wallis Sands, camping and parking fees) as long as you are visiting the park for your Challenge activity such as hiking, swimming, biking, canoeing/kayaking, etc. Visit www.nhstateparks.org for a variety of activities, programs, and parks to choose from. When visiting a State Park, you must present your Challenge Passport as well as a valid NH driver's license. Youth participating in the Challenge are eligible for free admission if they have a Passport and are accompanied by an adult.
- Check out the NH Governor's Council on Physical Activity and Health Facebook page for additional ways to win prizes during the Challenge

We're on the web!
Visit
[Admin.state.nh.us/
wellness](http://Admin.state.nh.us/wellness)



Agency Wellness Coordinator Update

New Hampshire Hospital —The NH Hospital Employee Wellness Committee held their Spring Wellness Fair on May 15. The theme of the event was "The Keys to Wellness" and the wellness committee had vendors providing information on adaptive hearing devices, gardening, oral health, healthy homes, nutrition, chair massage, reiki, fun games and much more. Mike and Lisa were there helping employees sign up for the NH Hospital Know Your Numbers Screening as well. Congratulations to the NH Hospital Employee Wellness Committee on another spectacular event.

State House and Legislative Branch—Will hold the Biennial Legislative Health Screening Day in the Legislative Office Building on May 21. This event is open to Legislators, employees, and the public. Congratulations to Dianne Bergquist on a job well done!

Department of Administrative Services—The State Employee Wellness website is now featuring health video series from WebMD. Visit http://admin.state.nh.us/wellness/Wellness_DidYouKnow.html for the link to the video series.

Department of Insurance

Held an information event on May 16 highlighting the latest technology for individuals with hearing loss. Demonstrations included assistive listening devices, phone and doorbell signalers, phones with captioning services, vibrating alarm clocks, and visual and tactile smoke detectors.

Know Your Numbers Health Screenings

The latest list of screenings is posted at http://admin.state.nh.us/wellness/Wellness_RewardProgram.html#Screening. If you would like to schedule a screening at an agency worksite, the notice for scheduling has been decreased to 45 days. Please send Mike Loomis a screening registration form or call 271-4103 for more information.

American Heart Association's "Hands Only CPR" Program

This program is available the week of May 19 at four sites in New Hampshire (Portsmouth, Manchester, Concord, and Nashua). The AHA's Hands Only CPR program is a fun and informative way for people of all ages to learn CPR and perhaps save a life. The program is free, fun, takes about 30 minutes to complete, and includes a free take home training kit.

Department of Health and Human Services

May is Asthma Awareness Month and New Hampshire has some of the highest rates in the country. Learn how to breathe easier at www.dhhs.nh.gov

Events in NH Cities and Towns

Visit www.visitnh.gov, click on "What To Do" and select "Event Calendar" to find out what's happening in your community in December.

Anthem Time Well Spent Topic June

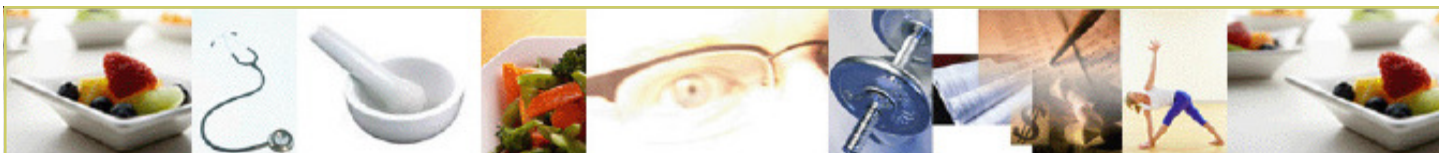


Men's Health

Visit

[www.anthem.com/
timewellspent](http://www.anthem.com/timewellspent)

**For worksite
resources such
as posters,
articles, and
more!**



Supporting Nursing Mothers Returning to Work

U.S. Department of Health and Human Services



Mothers who continue breastfeeding after returning to work need the support of their coworkers, supervisors, and others in the workplace. Individual employers can do a great deal to create an atmosphere that supports employees who breastfeed. Such an atmosphere will become easier to achieve as workplace support programs are promoted to diverse employers. Workplace support programs can be promoted to employers, including managers of human resources,

employee health coordinators, insurers, and health providers serving many of a particular organization's employees.

The U.S. Health Resources and Services Administration Maternal and Child Health Bureau has launched a national workplace initiative that includes developing a resource kit for employers. The Business Case for Breastfeeding, developed to address barriers and the educational needs of employers, includes materials for upper management, human resource managers, and others involved in implementing on-site programs for lactation support. Also included is a tool kit with reproducible templates that can be adapted to the work setting. An outreach marketing guide helps local breastfeeding advocates and health professionals effectively reach out to employers.

Companies successful at retaining valued employees after childbirth find that two components can make the difference: providing dedicated space for breastfeeding employees to express milk in privacy, and providing worksite lactation support.

The payoff is significant: more satisfied, loyal employees and cost savings to the business. These savings are seen in such areas as the retention of experienced employees, reduction in sick time taken by both moms and dads for children's illnesses, and lower health care costs.

We would love to hear how your agency is supporting nursing mothers returning to work and share these with wellness coordinators. Please send us your stories, pictures of worksite lactation rooms, or additional efforts to make returning to work easier for employees to continue breastfeeding their children. You can email these items to Mike Loomis at Michael.loomis@nh.gov. We will share these in the Summer edition of the Wellness Coordinator Exchange.



Mothers are the fastest-growing segment of the U.S. labor force. Approximately 70% of employed mothers with children younger than 3 years work full time.

One-third of these mothers return to work within 3 months after birth and two-thirds return within 6 months.

The CDC Guide to Breastfeeding Interventions